

Salafi Manhaj

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

THE MANNERS OF FASTING

It is recommended the fasting person observe the following etiquettes in his fasting

HASTENING TO CLOSE THE FAST

It is recommended the fasting person hasten to close his fast when he is certain the sun has set.

On the authority of Sahl bin Sad (*radi allahu anhu*) that the Prophet (*sal allahu alaihi wa sallam*) said “*The people will not cease to be upon good as long as they hasten to close their fast*¹

And he should close his fast with an odd number of fresh dates. If he does not have fresh dates then with water.

On the authority of Anas (*radi allahu anhu*) who said

The Prophet (*sal allahu alaihi wa sallam*) used to close his fast with fresh dates before he prayed and if you do not have fresh dates then ripe dates and if not then with water²

¹ Bukhaaree and Muslim

² Abou Dawood, al Haakim authenticated it and Tirmidhee graded it Hasan

SUPPLICATION WHEN CLOSING THE FAST AND THE MERIT OF FASTING

It is established from the Prophet (*sal allahu alaihi wa sallam*) that he used to say:

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ،
وَتَبَّتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ.

*The thirst has gone the veins have been moistened and the reward is established
if Allaah wills*

And it is reported from Tirmidhee with good chain of narration that he (*sal allahu alaihi wa sallam*) said “Three (people) whose supplications are not refused the fasting person until he closes his fast, the just ruler and the oppressed”

REFRAINING FROM THE THINGS THAT NULLIFY THE FAST

One of the most virtuous (acts of worship) legislated by Allaah that brings one close to him is fasting. (Fasting) disciplines the soul and makes it accustomed to (doing) good.

The fasting person must guard himself from the actions that will harm his fasting. He should benefit from his fasting and this will obtain taqwa as Allaah mentioned in his saying:

Oh you who believe fasting is prescribed for you as it was prescribed for those before you in order that you may obtain Taqwa

And fasting is not just refraining from food and drink. Verily it is refraining from food and drink and the rest of the things Allaah has prohibited.

On the authority of Aboo Hurairah (*radi allahu anhu*) that the Prophet (*sal allahu alaihi wa sallam*) said *Fasting is not just refraining from food and drink. Verily fasting (refraining) from vain talk. If one is abused or someone behaves (ignorantly) with him then he should say verily I am fasting, verily I am fasting*³

And it is reported from the group⁴ except Muslim on the authority of Aboo Hurairah that the Prophet (*sal allahu alaihi wa sallam*) said *he who does not leave false talk and actions then Allaah is in no need of him leaving his food and drink*⁶

On the authority of Aboo Hurairah who said the Prophet (*sal allahu alaihi wa sallam*) said “Perhaps the fasting (person) attains nothing from his fasting except hunger and thirst and perhaps the person standing (in prayer) attains nothing from his standing (in prayer) except staying awake.”⁷

³ Reported by Ibn Khuzaimah, Ibn Hibban, and al-Haakim who said it was to the it was to the conditions of (Saheeh) Muslim

⁴ Bukhaaree, Muslim, Aboo Dawood, Tirmidhee, Ibn Majaah,, Naasae

⁵ Meaning such a fast is not acceptable to Allaah the almighty.

⁶ Meaning Verily Allaah will not accept his fasting

⁷ Reported by an-Naasae, Ibn Maajah and al-Haakim said it was Saheeh according to the conditions of Bukhaaree.